

This information is from the guidance by the DCSF. As it is intended for schools a small part of this information has been adapted.

Safe to Learn: Embedding anti-bullying work in schools

Sample anti-bullying information sheet for Pupils

Is it bullying?

It is if you feel hurt because individual or groups are:

- calling you names;
- threatening you;
- pressuring you to give someone money or possessions;
- hitting you;
- damaging your possessions
- spreading rumours about you or your family or
- using text, email or web space to write or say hurtful things (cyberbullying)

It is also bullying if you feel hurt because of things said about your ethnic background, religious faith, gender, sexuality, disability, special educational need, appearance or issues in your family.

Your school should not tolerate bullying and they should:

- make sure that the person being bullied is safe;
- work to stop the bullying happening again; and
- provide support to the person being bullied.

What should you do?

- Talk to someone you trust and get them to help you take the right steps to stop the bullying.

If you feel you are being bullied:

- try to stay calm and look as confident as you can;
- Be firm and clear – look them in the eye and tell them to stop;
- Get away from the situation as quickly as possible; and

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If you have been bullied:

Tell a teacher or another adult in your school (your head of year, form tutor or learning mentor will all be able to help);

- tell your family;
- If you are scared to tell a teacher or an adult on your own, ask a friend to go with you;
- keep on speaking until someone listens and does something to stop the bullying, and
- don't blame yourself for what has happened.

- Tell an adult what has happened straightaway or, if you do not feel comfortable telling an adult, tell another pupil.

When you are talking to an adult about bullying be clear about:

- What has happened to you;
- How often it has happened;
- Who was involved;
- Who saw what was happening;
- Where it happened; and
- What you have done about it already.

If you find it difficult to talk to anyone at school or at home, ring ChildLine on freephone 0800 1111. This is a confidential helpline. If you are hard of hearing you can use the textphone 0800 400 222. You can also write to Freepost 1111, London N1 OBR. The phone call or letter is free.